

You Should Know...

About Your Baby's Growth – Second Trimester

Your baby needs the healthy start only you can give by taking care of your health and doing the right things during your pregnancy. A pregnancy lasts approximately nine months, which is divided in thirds or trimesters. Each trimester is approximately three months or twelve weeks.

By week 13, you have entered your second trimester. It is important to learn about how your baby is developing and about proper health care that you need. Get prenatal care early and keep all of your appointments.

This article explains how your baby is developing during the second trimester and gives you tips to help you have a healthy pregnancy.

Weeks 13-16

- ♡ The baby is about six to eight inches long and weighs six ounces.
- ♡ The baby is now completely formed.
- ♡ The muscles are getting stronger and he or she is moving around more.



- ♡ Your energy should increase and morning sickness may end.
- ♡ Eating well is important so both you and your baby gain the proper amount of weight.
- ♡ Contact your health care provider if you have warning signs of preterm labor like three or more contractions within 30 minutes, menstrual-like cramps, low dull backache, vaginal discharge, severe vomiting, chills, dizziness, numbness or spots before your eyes appear.

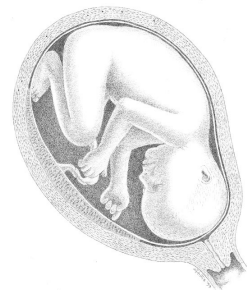


Weeks 17-20

- ♡ The baby is about eight to 12 inches long and weighs one-half to one pound.
- ♡ The skin is thin and transparent.
- ♡ Hair has formed. Skin is wrinkled and red.
- ♡ Your ankles, feet, hands and face may swell.
- ♡ Drink six to eight glasses of water and other liquids like milk or juice daily.
- ♡ Your total weight gain should be nine to 13 pounds.
- ♡ Talk to your health care provider about the benefits of breastfeeding.
- ♡ Sign up for child birth preparation classes. Ask the baby's father or a friend to go with you.

Weeks 21-24

- ♡ The baby is about 15 inches long and weighs one to two pounds.
- ♡ The baby can hear and respond to sounds.
- ♡ Eyes are opened for the first time.
- ♡ Remember to contact your health care provider if you have preterm labor warning signs (see weeks 13-16).
- ♡ Eat high fiber foods like fruits and vegetables, and drink 6 to 8 glasses of water daily to help avoid or relieve constipation.
- ♡ Ask your partner, family or friends for the support you need. It can be a good time to talk.



Remember, even if you are feeling great, it is very important to get regular prenatal care. Prenatal care can make sure you and your baby are healthy.

This insert article is the second in a three-part series, and covers weeks 13-24.

Sources: California Department of Health Services' Maternal and Child Health Branch, Healthy Mom, Healthy Baby Handbook, BabyCal Pregnancy Calendar, www.babyworld.co.uk